

### ABSTRACT OF THE DISCLOSURE

The present disclosure is related to compositions useful in the field of foods and beverages. In particular, the present invention relates to those compositions that reduce the postprandial rise in blood glucose (described as low Glycemic Index) that synergistically provide enhanced metabolism in the mammalian system and inhibit the storage of systemic fat. In particular, the present invention relates to compositions comprising:

- a) one or more flavanols;
- b) one or more bracers; and
- c) vitamin B;

wherein the composition exhibits a Glycemic Index of about 55 or less.

As disclosed, the unique combination of ingredients, which provide the defined, low Glycemic Index, work synergistically together to enhance perception of energy and / or improve physiological energy *via* metabolism enhancement over a long duration of time, without resulting in sudden peaks of glucose in the mammalian system. Thus, the present compositions effectively modulate glucose in the system, thereby providing energy to the system without resulting in the storage of systemic fat.